



Van Buren County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Van Buren County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Van County School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials since the induction of CSH secured for our LEA totals \$109,657.17.

Community partnerships have been formed to address school health issues. Current partners include:

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|---------------------------------------|---|
| ➤ Tennessee Department of Safety | ➤ Upper Cumberland Community Service Agency |
| ➤ Tennessee Health Department | ➤ TENNderCare |
| ➤ Get Fit Program | ➤ CoverKids |
| ➤ Governors Juvenile Diabetes Program | ➤ Generations of Spencer |
| ➤ Tennessee National Guard | ➤ Spencer Food Bank |
| ➤ UT Extension Agency | ➤ Van Buren County EMS |
| ➤ TNCEP | ➤ Spencer Police Department |
| ➤ Tennessee Technology University | ➤ Ed Excellence |
| ➤ Tennessee Road Builders Association | ➤ Americorp |
| | ➤ Three Star Program |
| | ➤ Piney Volunteer Fire Department |
| | ➤ District Attorney's office |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as the Healthier You Program, We Can Get Fit program, Healthy Youth Healthy Future, and Student Health Council. Currently 5 parents are collaborating with CSH.

Students have been engaged in CSH activities such as CPR training, Student Health Council, cafeteria surveys, and development of healthy recipes. Approximately 10 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Van Buren County School System, the following health interventions have taken place:

School Health Screenings – 315 Students have been screened and 27 students referred in the 2010-2011 school year;

Students have been seen by a school nurse – 4,396 and 95 % returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2007-2008 school year, the Van Buren County School System had an obesity rate of 28%. For the 2010-2011 school year, the obesity rate declined by 3% to 25% obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing wall, new playground, playground equipment, physical education equipment, community tennis courts, mobile cooking cart, curriculum, and food for mobile cooking cart lessons;

Professional development has been provided to school health staff physical education teachers. Examples include a summer physical education workshop;

School faculty and staff have received support for their own well-being through an after school exercise program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – bullying, puberty, tobacco, alcohol/drug, and sex education;
- Physical Education/Physical Activity Interventions – 90 minute physical activity law, Morning Movers program, and physical activity education;
- Nutrition Interventions – use of the mobile cooking cart, implementation of Student Health Council, and nutrition classes;
- Mental Health/Behavioral Health Interventions – mental health team started and community MOU's signed, school utilizes Michigan Model curriculum and Take 10! which was secured for the LEA by CSH.

The Van Buren County School System is very proud of our partnerships with our community such as UT Extension, the County Health Department, and TNCEP. We are also very pleased with our School Dental Transport Program, which was a pilot site for the Health Department. After the successful inception of the dental program, it was expanded to include transport for EPSDT's to students of the Van Buren County School System.

In such a short time, CSH in the Van Buren County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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